

# City of Woodland

# SeniorGram

Volume 5, Issue 9 September 2011

**Senior Center**  
**(530) 661-2001**

**STAFF**  
**Kris Bain**  
*Senior Center Supervisor*

**Paula Crum**  
*Senior Center Program  
Coordinator*

**Parks & Recreation**  
**(530) 661-2000**

### All West Travel

Contact 661-2001  
more info.

**September 13**  
*Red Hawk /Apple Hill*  
\$39 per person

**September 15**  
*CA Academy of  
Sciences*  
\$90 per person

**September 18**  
*Sausalito & Muir Woods*  
\$70 per person

**September 22**  
*Jewel of Lake Tahoe*  
\$90 per person

## September Events

### Senior Center Closed for Labor Day, September 5

All regular services at the Senior Center are closed including the Community Care Car and Chit Chat Café on September 5.

### Learn to Quilt

**Beginning September 12, 9:00 a.m.**

The Needles & Friends quilting group is seeking anyone interested in learning to quilt or experienced quilters. Check out how much fun it can be—for FREE. Come Monday, September 12 at 9 a.m. to join the Needles & Friends group. All supplies and equipment can be provided to beginners. For more information, contact the Senior Center at 661-2001.

### Senior Movie Day—Unstoppable

**September 15, 12:30 p.m.**

It's a nail-biting race against time as an unmanned train carrying a load of lethal chemicals speeds out of control, and a conductor and engineer do everything in their power to keep it from derailing and killing tens of thousands of people. **Denzel Washington** leads the cast in Tony Scott's tough-minded action thriller, in which a terrible circumstance forces a couple of ordinary men to become extraordinary heroes.

### Annual Fall Potluck FREE for Seniors

**September 15, 5:30 pm**

Join for conversation and snacks at 5:30 and dinner is served at 6 pm. The main dish, bread, beverage, and dessert will be provided, please bring a side dish to share. Reservation deadline is **September 14**. Stop by the Welcome Desk or call 661-2001 for reservations.

## 2011 Volunteer Awards

### a walk on the WILD side

The following Outstanding Volunteers were recognized on August 11 for their hard work & dedication to seniors and volunteerism at the Senior Center: Lillian Toyoma, Katie Brown, Jan Putnam, Stan Moorhead, Maxine Polkinghorne, Homer Swigert, Rita Eisenstat, and Judy Evans. A special thank you to Senior Center, Inc., The Californian, and Target for all of the help in bringing this event together and to all of those who helped make this a truly WILD event!



www.cityofwoodland.org/seniors

**Woodland Senior Center**  
2001 East Street  
Woodland, CA 95776  
Phone: (530) 661-2001



# September is Prostate Cancer Awareness Month

One in six men will develop prostate cancer. Will the disease eventually afflict you? If you have concerns about prostate cancer, help is available for you locally, in three ways.

The first way is **early detection**. A cancer cannot be treated if it is not discovered. So the sooner you ask your family practice physician or urologist for a PSA blood test and a DRE (digital rectal examination), the sooner you will be on the path to learn if you are the one among six men. Should these tests show any abnormal signs, further testing will be undertaken for confirmation.

The second way is **personal research**, either on the Internet, at the public library or in a bookstore. Numerous informative books written by highly esteemed doctors contain in-depth information that will greatly improve your understanding about prostate cancer risks, symptoms, treatments and survival outlooks. Such knowledge can help you make informed decisions about your health care and help diminish your concerns.

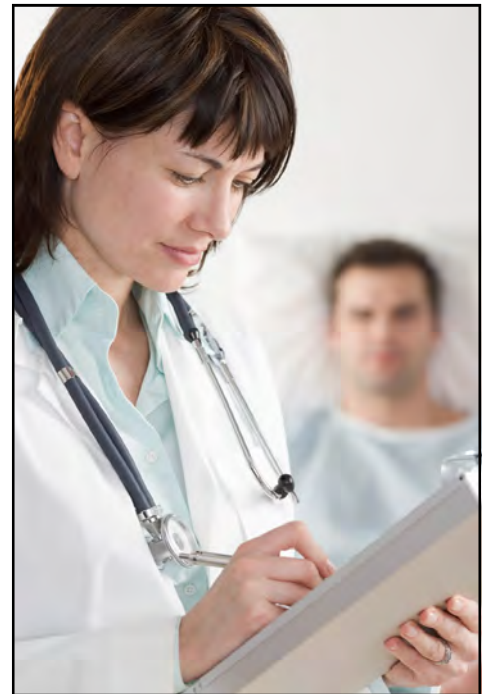
The third way is a **support group**. At a prostate cancer support group meeting, you can discuss your concerns with survivors who have walked the path, and can provide you with additional viewpoints.

The Yolo Prostate Cancer Support Group is an excellent local resource at your disposal. Attendees are men who find themselves with any one of the following needs:

1. seeking information about early detection procedures;
2. contemplating treatment options and seeking a second opinion;
3. considering therapy to manage side effects of treatment;
4. undergoing watchful waiting;
5. experiencing recurrent disease;
6. sharing personal experience to help others.

For you, the support group offers the means to learn more about clinical trials, new websites for current information, and to participate in presentations by medical professionals and other specialists. The Yolo Prostate Cancer Support Group maintains an environment in which you can freely discuss your needs and find comfort with others.

The Yolo Prostate Cancer Support Group conducts monthly meetings on the second Monday of each month at the conference room of the Sutter Medical Foundation building, 2030 Sutter Place in Davis. The meetings commence at 7:00 p.m. Visit [http://health.groups.yahoo.com/group/yolo\\_prostate/](http://health.groups.yahoo.com/group/yolo_prostate/) on the web for more information. We also welcome you to call Harold Honeyfield at 756-9153 if you have any questions.



## Ombudsman of Northern California

Ombudsman Services of Northern California seeks volunteers to take part in this important program. An Ombudsman works in support of residents in long-term care facilities, investigating complaints, etc. If you live in Yolo County and are interested in helping, please contact

(530) 668-5775 or email [dhart@osnc.net](mailto:dhart@osnc.net). All candidates must pass background check, have a car and valid car insurance. Additionally, candidates must have access to a computer and an email address is required. The next training session begins October 3, 2011. Training is free and a State certification is issued upon successful completion of the program.

# Meetings at the Senior Center

## Commission on Aging

*2nd Thursday of each Month  
3:30 p.m.*

Advocates for seniors, this is an advisory board to the City Council. For agendas and minutes, please go to [www.cityofwoodland.org/seniors](http://www.cityofwoodland.org/seniors)

## Senior Center, Inc.

*1st Thursday of each Month  
9:30 a.m.*

This board raises money and helps plan programs and events for seniors. Meetings are open to the public.

## Computer Club

*4th Monday of each Month  
1:00 p.m.*

Speakers speak on computer and internet-based topics. For more information contact, the Computer Club at (530) 662-9598 or find them on the web at [www.wsgccc.com](http://www.wsgccc.com)

# Support Groups & Special Speakers

## Arthritis Support Group

*1st Thursday of each month, 1:00 p.m.*

Joining a network of others living with a similar condition is one way to find support after an arthritis diagnosis. Take comfort in the experiences of others in this support group.

## Changes to Choices

*1st & 3rd Tuesdays of each month, 10:00 a.m.*

The purpose of Changes to Choices is to look at choices of how to handle changes. Many of the participants have similar issues and by talking about them, they gather ideas about how an issue may be resolved. Any senior is welcome to attend.

## Hear! Here!

*4th Monday of January, March, May, & October  
10:00 a.m.*

This support group gives people with hearing loss an opportunity to speak their piece and be heard with sympathy. The group hosts guest speakers about hearing aids and other assistive devices. The group meets four times a year at the Woodland Senior Center.

## Peripheral Neuropathy

*3rd Monday of each month, 1:30 p.m.*

The group's purpose is to share information and to encourage others with neuropathy. Some meetings feature speakers.

## Parkinson's Support

*4th Tuesday of each month, 1:00 p.m.*

This peer led group welcomes caregivers as well as those with Parkinson's Disease. This group sometimes has guest speakers, but mainly shares experiences and tips for families and caregivers.

## Outa Sight Support

*1st & 3rd Tuesdays of each month, 12:30 p.m.*

We serve blind and low-vision persons and mutually support one another. Our goal is to learn independent living skills in order to enhance our lives. We also develop and identify resources for the sight-impaired in our community, and we advocate for disability rights.

## Stroke Support

*3rd Monday of each month, 1:00 p.m.*

A stroke survivors support group is exactly what it says — a support group so you don't feel you're alone in your rehabilitation and recovery. Participating in a support group will not only help you learn more about stroke, it will also help you become inspired to move forward.



# Transportation to the Senior Center

Community Care Car offers transportation to the Senior Center Monday through Friday. In addition, seniors can make reservations for doctor appointments, grocery shopping, hair appointments, or church on Sundays. Riders must be able to climb into a van and out of the van without the assistance of a lift. Reservations must be made a minimum of 24 hours in advance by calling **662-7800**. Reservations are made Monday through Friday, 9 a.m. to 3:30 p.m.



# Art Classes

## Senior Art Workshop

Wednesdays 9:30 a.m.

\$5 per month

Registration taken at Parks & Recreation desk

Artists who enjoy painting or drawing are invited to join this ongoing group.

## Ceramics

Tuesdays, 9:30 a.m.

\$5 per month

Registration taken at Parks & Recreation desk

## Handicrafters

Mondays, 10 :00 a.m.

A friendly place for finishing your own projects, helping with charity projects, sharing ideas, and meeting people with similar interests.

## Woodcarvers

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 1:00 p.m.

## Needles & Friends

Mondays, 9:00 a.m.

This group of quilters create quilts for events, friends, and more. Tips and ideas are shared and beginnings are always welcome.

## Is there something you want?

Is there something missing you would like to see at the Senior Center? Do you have a skill or craft you would like to share with other seniors? Contact the Senior Center at 661-2001 to start your class.

# Games



## Bingo

Wednesdays and Fridays

12:15 p.m.

Play three cards for \$.15 or six cards for \$.30 or eight cards for \$.40

## Bridge for Fun

Wednesdays, 12:45 p.m.

For novice or intermediate levels.

## Canasta

Tuesdays, 12 p.m.

Meet other Canasta lovers, novice players are welcome.

## Cribbage

Wednesdays, 1:00 p.m.

Drop-in games of cribbage held every Wednesday.

## Hand & Foot

Wednesdays, 9:00 a.m.

All levels welcome for this game similar to Canasta.

## Mah Jong

Thursdays, 12:30 p.m.

Ancient Chinese tile game, beginners welcome.

## Pedro

Tuesdays, 12:15pm

To get on a waiting list, contact Annette at 406-1020.

## Ping Pong

Fridays, 10:00 a.m.

## Pinochle

Thursdays, 6:00 p.m.

## Second Horizon Bingo

1<sup>st</sup> Friday of each month, 6:00 p.m.

## Questions about Medicare? Are you approaching Medicare age?

Bring all of your questions to this round table discussion group being held by Karen Penrose on **September 12th and 26th** from **11-11:30 a.m.** This informal discussion group will help you or your loved one to better understand the complexities of Medicare with no sales pressure.

If you are interested in staying for the Chit Chat Café for lunch being served at 11:30, please call Welcome Desk at 661-2001 to make your lunch reservations.



# Exercise & Dance Classes

## Belly Dance for Seniors

Tue. & Thu. 1:00 p.m.

Fee: \$40/8 week session

Registration taken at Parks & Recreation desk

Learn to dance with effortless graces as you learn the basic foot work of dance; lean hip circles, rolls, lifts, and swings; shimmies, figure-eights, shoulder rolls, and more.

## Low Impact Aerobics

Monday, Wednesday, & Fridays

8:00 a.m. or 10:00 a.m.

Fee: \$5/month

Registration taken at Parks & Recreation desk

A basic workout starting with a walking warm-up, followed by exercises performed standing. This class is designed to build strength (muscles, tendons, and ligaments) increase flexibility, improve balance, and coordination, enhance your health, and lighten your mood.



## Ship Shape

Tue. & Thu. 10:00 a.m.

Fee: \$5/month

Registration taken at Parks & Recreation desk

This class utilizes resistance bands to increase flexibility and strengthen muscle tone in a fun, supportive environment. All exercises are done from a seated position, and are led by experienced senior volunteers. Class and registration includes your resistance band.

## Pilates

Tuesdays, 6:00 p.m.

Fee: \$11/visit, paid monthly

Registration taken at Parks & Recreation desk

This class focuses on pure Pilates technique emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement. Pilates exercises strengthen core abdominal muscles as well as train several muscle groups at once in non-impact, continuous movements.

## Power Flow Yoga

Tuesdays, 7:00 p.m.

Fee: \$11/visit, paid monthly

Registration taken at Parks & Recreation desk

Power Yoga Flow is a practice of movement, balance and intention that elevates the heart rate, improves circulation, and sculpts lean muscle. This class is appropriate for students of all levels.



## Swing Dance

Tuesdays, 7:15 p.m.

\$35/5 week session

Registration taken at Parks & Recreation desk

Get ready to Swing! This beginning class will teach you the basic steps and simple patterns to get great for social swing. No experience necessary, no partner needed.

## T'ai Chi

Mondays, 8:45 a.m.

Fee: \$9/class, paid monthly

Registration taken at Parks & Recreation desk

This class is for students who wish to learn the traditional Chinese way to a healthy body and depth of mind. Come and enjoy this beneficial class with instructor Sue Chan.



## Water Aerobics

Monday, Wednesday, & Fridays, 8:00 a.m.

Fee: \$25 for 10 visits

Program is hosted at the Community Swim Center at 155 N. West Street (next to Woodland High School)

Registration is taken at the pool.

Enjoy a great all-body workout in the pool, year round. No swimming experience is necessary. It great for aging bodies with low or no impact to those aching joints. **For more pool related information, contact 661-2000.**

## Zumba Gold

Fridays, 4:30 p.m.

Fee: \$30/month

Registration taken at Parks & Recreation desk

For the active senior; this class fuses together Latin-inspired music and fun dance fitness movements. Zumba is more like a dance party than a workout and leaves people feeling fit and happy!



**YMCA Wellness Center**

within Community & Senior Center

Please contact the YMCA directly at  
**(530) 666-9623** for membership  
information.

# General Recreation Activities

## The Novel Book Club

2<sup>nd</sup> Tuesday of each month, 9:30 a.m.  
A group for enjoying and reading literature with others. Reservation and cost of books is required.

## Computer Lab

Fridays, 12:00-3:00 p.m.  
Fee: \$1 per use  
Senior Computer Club's lab is open to adult public.

## Country Line Dance Party

3<sup>rd</sup> Friday of each month, 6:00 p.m.  
Fee: \$6

## Senior Travel

Contact the Senior Center for upcoming trips within **California & Abroad** at 661-2001.

## Senior Movie Day

3<sup>rd</sup> Thursday of each month  
12:30 p.m.  
Movies vary and showings are free to seniors. **September 15 is showing Unstoppable.**

## Shakespeare

Thursdays, 1:00 p.m.  
Fee: \$5/session  
*Registration taken at Parks & Rec. desk*  
Discover Shakespeare is a series of individual classes presenting all of Shakespeare's plays via enhanced videos. Plays feature a modern orchestral background, selected by presenter Ralph Quinn.  
**Last few plays before this program ends!**



## Writing Your Life History

Contact Woodland Adult Education at 662-0798 for registration information.

## Woodland Stompers

Mondays, 3 p.m.  
An energetic western dance troupe that performs throughout Yolo County. Visitors and newcomers are always welcome.



## Lunch Time Fun

*During Chit Chat Café, 11-11:45 a.m.*  
**Trivia**—Thursdays  
**All West Travel info**—3<sup>rd</sup> Monday

# Other Services offered at the Senior Center

## Legal Consultations

3<sup>rd</sup> Friday of each month, 2-5 p.m.  
Call 661-2001 for appointment

## Health Insurance Consultations

1<sup>st</sup> two Wed & 3<sup>rd</sup> Thurs of ea. Month, 2:00-5:00 p.m.  
Call 661-2001 for appointment.

## Information & Assistance via Senior Link

Mon, Wed, Fri, 10:00 am-12:00 p.m.

## Thrift Store

Fridays, 9:30 a.m.  
**Donations taken M-F 8 am-12 pm.**

## Community Care Car

Desk open 9 a.m.—3:30 p.m.  
Reservations required, call 662-7800.

## Computer Classes

Call 661-2001 to get on class list or for upcoming class information.

## Computer Lab

Fridays 12:00-3:00 p.m.  
Computer lab is open to adults, \$1 per visit.

## Chit Chat Café

**Elderly Nutrition** Call 661-2001 for reservations. Reservations required at least one day in advance. Lunch served at 11:30 a.m.

## Media Library

Come to Senior Center to check out books, audio books, VHS movies & DVD movies.

## YC Food Bank low cost food

Tuesdays, 9:00 a.m.

*The Senior Center is no longer offering the Blood Pressure Clinic, we apologize for the inconvenience.*



# Byte News


from the Computer Club

The Woodland Computer Club will have a Q & A session featuring Bud LaFayette & Shirley Leeper. Getting to know your computer and more.



**Elderly Nutrition Program in Yolo County**  
**People Resources, Inc**

# September 2011

			<b>Thursday Sept 1</b>	<b>Friday Sept 2</b>
	<p><b>Alternate Meal</b>            ▶<b>Swedish Meatballs</b>            O'Brien Potatoes+            ▶Scandinavian Vegetables  <i>See site manager to order</i></p>	<p><b>Suggested Contributions:</b>  <b>\$3.00</b> Seniors  <b>\$3.50</b> Volunteers (&lt; 60)  <b>\$ 7.00</b> GUEST FEE            (&lt; 60 unless w/ senior spouse)</p>	<p><b>Lemon Pepper Fish w/ Tartar Sauce</b>            California Vegetables*            ▶Steamed Brown Rice            ▶Fruit Cocktail            ▶Juice+</p>	<p>▶<b>Baked Ham w/ Glaze</b>            Brussel Sprouts            ▶Sweet Potatoes*            ▶Cornbread            ▶Applesauce+</p>
<b>Monday Sept 5</b>	<b>Tuesday Sept 6</b>	<b>Wednesday Sept 7</b>	<b>Thursday Sept 8</b>	<b>Friday Sept 9</b>
<p>LABOR DAY HOLIDAY</p> 	<p><b>Herb &amp; Garlic Chicken</b>            Capri Vegetables*            ▶New Potatoes            ▶Wheat Bread            ▶Fruit Juice+</p>	<p>▶<b>Hawaiian Style Meatballs+</b>            Bahama Vegetable Blend            ▶Steamed Rice            ▶Wheat Roll            ▶Cantaloupe*</p>	<p>▶<b>Cheese Ravioli Lasagna</b>            Garden Salad*            ▶Garlic Bread            ▶Mandarin Oranges+</p>	<p>▶▶<b>Nantucket Croissant</b>            (Deli turkey, cream cheese, &amp; cranberry spread)            ▶Red Potato Salad            ▶Fresh Fruit+</p>
<b>Monday Sept 12</b>	<b>Tuesday Sept 13</b>	<b>Wednesday Sept 14</b>	<b>Thursday Sept 15</b>	<b>Friday Sept 16</b>
<p><b>Honey Dijon Chicken</b>            Steamed Cauliflower            ▶Baked Barley            ▶Wheat Roll            ▶Fruit Juice+</p>	<p><b>Stuffed Tomato w/ Tuna</b>            Served on a bed of greens            ▶Antipasto Salad*            ▶Wheat Crackers            ▶Raspberry Whip+</p>	<p><b>Baked Boca w/ Mushroom Sauce</b>            Peas &amp; Carrots*            ▶Pasta Alfredo            ▶▶Tapioca            ▶Fruit Juice+</p>	<p><b>Meat Loaf w/ Gravy</b>            Classic Vegetable Blend            ▶Mashed Potatoes+            ▶Wheat Roll            ▶Apricot Halves*</p>	<p><i>Mexican</i> ☐ <i>Independence</i> ☐ <i>Day</i>            ▶<b>Arroz con Pollo</b>            Tossed Salad            ▶Refried Beans            ▶Tortilla Chips &amp; Salsa            ▶Fruit Juice+  <i>Postre Especial</i> ☒</p>
<b>Monday Sept 19</b>	<b>Tuesday Sept 20</b>	<b>Wednesday Sept 21</b>	<b>Thursday Sept 22</b>	<b>Friday Sept 23</b>
<p><b>Pepper Steak w/</b>            Tomatoes &amp; Bell Peppers+            Savory Carrots*            ▶Penne Pasta            ▶Wheat Bread            ▶Pears</p>	<p><b>Turkey, Broccoli &amp; Cheddar Melt</b>            Steamed Spinach*            ▶Wheat Roll            ▶Fruit+</p>	<p><b>Pot Roast w/ Gravy</b>            Zucchini Casserole            ▶Baked Potato w/Sour Cream            ▶Wheat Bread            ▶Fruit Juice+ ☒</p>	<p><b>Chinese Chicken Salad</b>            Teriyaki Chicken Strips on greens w/ red bell peppers, mushrooms, green onions &amp;            ▶crispy noodles            ▶Citrus Cup+</p>	<p>▶<b>Quiche</b>            ▶Fresh Veggies* w/ Ranch Dipper            ▶Oven Fried Potatoes            ▶Wheat Roll            ▶Cinnamon Apples</p>
<b>Monday Sept 26</b>	<b>Tuesday Sept 27</b>	<b>Wednesday Sept 28</b>	<b>Thursday Sept 29</b>	<b>Friday Sept 30</b>
<p>▶▶<b>Macaroni &amp; Cheese</b>            Chef's Blend Vegetables            ▶Wheat Bread            ▶Tropical Fruit+</p>	<p>▶<b>Oven Fried Chicken</b>            Coleslaw+*            ▶Scalloped Potatoes            ▶Biscuit            ▶Fresh Fruit+</p>	<p><b>Happy Birthday</b>            ▶▶<b>Hamburger w/ Lettuce, Tomato &amp; Condiments</b>            Mixed Vegetables*            ▶Fruit Juice+            ▶Ranch Beans            ▶▶Birthday Cake</p>	<p><b>Pulled BBQ Pork</b>            Green Beans            ☐▶Jazzy Brown Rice            ▶Wheat Roll            ▶Juice+ ☒</p>	<p><b>Chef Salad</b>            Crispy Greens topped w/Turkey, Cheese, Egg, Tomatoes, &amp; Carrots*)            ▶Wheat Crackers            ▶Ambrosia+</p>

Each meal includes 8 oz 1% milk    Margarine & Condiments optional    +Vitamin C \* Vitamin A ☒ =Higher Sodium Meal. Menu subject to change.

**Congregate Dining Sites** Reservations/Cancellations must be made by noon the day before by calling the site: **Davis Senior Center** 646 A Street 747-5870 ♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805 ♦ **Winters Community Center** 201 Railroad Avenue 795-4241 ♦ **Woodland Senior Center** 2001 East Street 668-0974 ♦ **Knights Landing/Esparto** 662-7035 ♦♦♦ **Elderly Nutrition Program Main Office 662-7035** Partially funded by A4AA

Woodland Community & Senior Center  
2001 East Street  
Woodland, CA 95776  
Phone: (530) 661-2001

*The Senior Center is a designated "Focal Point" for services for seniors including nutrition, recreation, transportation, education, arts and crafts, health screenings, support groups, and information.*

*The Woodland Senior Center strives to be the recognized access point for programs that encourage healthy aging, provide basic social services and offer socialization opportunities for older adults.*

*The **Woodland Senior Center** does not endorse the opinions, services or products discussed in support groups nor do we allow solicitation of our participants.*

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**Nonprofit Organization**

**U.S. POSTAGE PAID**

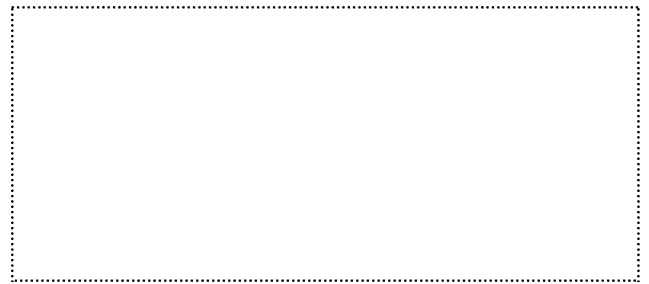
**Permit No. 53**

**Woodland, CA**

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**Address Service Requested**

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## Support your Senior Center

### Senior Center, Inc.

A non-profit organization sponsoring social events and providing supplemental financial support for Senior Center programs.

**Annual Membership \$8**

**Century Club \$100**

**Mailed Senior Gram \$5**

*Membership to Senior Center Inc. is not required to participate in activities.*

### SCI Board of Directors

Jan Bello, President

Beverley Radford, Secretary

Bruce Ahlquist

Steve Etters

Ed Marquez

Nick Pohl

Sharon Zielesch

Stan Moorhead, Vice-President

Elizabeth Kemper, Treasurer

Nancy Fritts

Roni Koebel

Maxine Polkinghorne

Judy Tommeraason

### Commission on Aging

An advisory and advocacy board to City Council for Woodland Seniors.

### COA Commissioners

Karen Wright

Lucinda Talkington

Benjamin Garman

Regan Overholt

Don Campbell

## Resources for Seniors

### Elderly Nutrition/Chit Chat Café

For reservations (530) 661-2001

General Questions (530) 662-7035

### Caregiver Info & Support

Information & Appoint. Services

(530) 666-8828

### Handy Helpers (sponsored by Kiwanis)

For appointments

(530) 661-2001

### Senior Link

Info. & Assistance for seniors

(530) 207-4250

### Legal Services of No. Calif.

(530) 662-1065

### Medicare

(800) 633-4227

### Social Security

(800) 772-1213